Study and Live

Part Two

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21

G ~ Chapter XIII ~ Item 11

SB ~ Question 886

Topics studied:

~Joy and solidarity

~Charity and justice

~Charity and logic

~Charity and order

~Charity and truth

~Life and responsibility

A Place for It

We all need the truth, for it is the light of the Spirit around situations, people, and things; outside of it, fantasy can arouse madness under illusion. However, charity must command truth's enlightenment, so it does not become a devouring fire in the plantations of hope.

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We all need justice, as justice is the law around situations, people, and things; outside it, iniquity can reward banditry in the name of power. However, charity must

preside over its manifestations, so the right does not become intolerant and prevent the victims of evil from

recovering. We all need logic, for logic is the reason around situations, people, and things; outside of it, passion can generate crimes on the account of sentiment. However, charity must inspire its manifestations so that discernment does not become vanity, obstructing the education service.

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We all need order, for order is discipline around situations, people, and things; outside of it, caprice can establish destructive rebelliousness under the guise of good intentions. However, charity must guide its manifestations so the method does not turn into pride, annihilating the good works.

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Let us cultivate truth, justice, logic, and order, seeking charity and reserving a place for it in all our actions, as charity is the force of love, and love is the only force with sufficient authority to sustain our fraternal union under the sublime root of life, which is God.

That is why Allan Kardec, aware that he was restoring the Gospel of Christ for all the climates and cultures of humanity, inscribed on the entrances of Spiritism the

unforgettable motto for all those who embrace its achievements and principles:

~"Without charity, there is no salvation."

In Logical Terms

There is no life without responsibility.

Everyone has rights and obligations.

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There is no action without a witness.

We are participants in Universal Life.

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There is no error with reason.

Only the truth is logical.

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There are no uncontrollable feelings.

The spirit is the creator of its own emotions.

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There are no insurmountable difficulties.

Each student receives lessons according to their understanding.

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There is no perfect joy that thrives in isolation.

Happiness is a blessing of light that thrives solely on the ground of solidarity.

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There is no end to love.
Love is life, and life is eternity.

22

G ~ Chap. X ~ Item 519

SB ~ Question 938

Topics studied:

~Self~examination

~Faced with accusations

~What others say

~What others do

~What others think

~Reincarnation and time

At the Time of Criticism

We emphasize the need for moderation and balance when faced with the unhappy situations of others; however, there are moments when the batteries of criticism target us.

With friends and opponents, we hear objections and reprimands, and frequently fall mentally into rebelliousness or depression.

Yet, bitterness and sadness do nothing constructive.

In any difficulty, irritation, or discouragement only obscure situations or complicate problems.

Hit by accusations and reproaches, we need to carry out a thorough self-examination.

Let's take time out from our activities to pray and reflect, searching for the depths of our souls.

Let's analyze, without the slightest self-pity, all the events that dictate our orientation and conduct, weighing up the facts and designs that motivated the warnings in question, with rigorous sincerity.

If our inner self points out faults on our side, let's have enough courage to make up for them, either by apologizing to those we have offended or taking steps to remedy the damage we have caused.

Yet, if we are attentive to the duty that life assigns us, if our intentions and behavior make us sure that we are following the right path for the benefit of all and not ours, let's settle into peace and conformity.

And even though we are surrounded by complaints and turmoil, let's carry on with the work we must do without despair and sorrow, aware that above the comfort of being immediately understood, there is the tranquility of conscience in our obligation's fulfillment.

Three Conclusions

No matter how long the time bestowed to a Spirit for a reincarnation, it is always short compared to the service we are entrusted with.

Important, therefore, is the use of hours.

Let's reflect on the excessive time we lightly dedicate to other people's business.

How many thousands of minutes and sentences do we waste every decade, without the slightest helpfulness, approaching themes and issues that don't concern us?

To counteract this useless waste, let's reflect on three conclusions of fundamental interest.

What others think ~ What others think is their idea.

We can't use their heads to give them the interpretations they are capable of before life.

An Indian man and a physicist contemplate light, maintaining antagonistic concepts.

The same thing happens in moral life. We need to nourish our brains with clean thoughts, but it is not in our power to demand that our neighbor thinks like us.

What others say ~ The words of friends and adversaries, acquaintances and strangers, are a verbal creation that

belongs to them. They express themselves as they can and commit to everyday occurrences with worthy or less worthy feelings.

We indeed must cultivate judicious conversation; however, we do not have the means to interfere in the personal manifestations of those around us, no matter how dear they may be to us.

What others do – Our brothers and sisters' activities result from their choices and resolutions.

We know that Divine Wisdom did not create us to be copies of each other. Each consciousness is a separate domain.

The creatures around us certainly act with excellent intentions in this or that sphere of work, and if they can't yet understand the merit of sincerity and beneficence, it is their problem, not ours.

It's easy to deduce that we can't shy away from the noble action in our own favor, but it's not up to us to impose on other people's decisions, which the Creator Himself leaves free.

Given this, let's cooperate with others and receive the help we need from them, respecting everyone, but without wasting time on what they might think, say or do. In short, respect for others is an obligation that falls to us.

23

G ~ Chapter XII ~ Item 6

SB ~ Question 531

Topics studied:

~Agents of evil

~Moral gaps

~Carelessness and obsession

~Instructions for disobsession

~Positive thinking

~Inner life

Around Obsession

The success of positive thinking depends on positive work.

An outstanding construction project will combine magnificent plans based on the most advanced civilization practices. However, to succeed, it needs proper materials to withstand destructive forces.

In a reinforced concrete building, no one will think of using wooden poles instead of iron structures or replacing crushed stone with rammed earth. To perform the task well, the substances must be in the correct conditions and

positions. The same principles govern the plane of the soul.

If we aspire to build achievements that meet the high standards of our ideals, we must select the ingredients that constitute our inner life, cultivating goodness in the minimal manifestations. Any contrary action will compromise the stability of the organization we intend to make.

Thus, let's consider sanitizing our emotions, ideas, words, attitudes, and actions, no matter how small they may be.

We all talk about the danger of evil agents that threaten us; nevertheless, they only dominate where we favor their intrusion.

As a rule, it begins with the imprudence of the breach...

Today, a complaint; tomorrow, a moment of bitterness; soon, a reckless argument; later, a crisis of anguish perfectly removable through service; now, a depressing comment; then, a minute of irritation; and, finally, illness, delinquency, disturbance, and sometimes premature death.

A big disaster is often the sum of small mistakes. Let's be sure that so it is also in obsession cases.

Healing Obsession

Recognizing in the obsessed person, whoever they may be, a sick relative to whom we owe the utmost consideration and assistance.

Balancing our words of help with consolation and enlightenment, gentleness and energy.

In obsession cases, we should:

-Include the body's needs when dealing with the soul's needs.

-Combining medication, personal hygiene, and prayer.

-Also, consider work a healing method based on the patient's abilities and strengths.

-When dealing with obsessed ones, avoid promoting or reinforcing the influence of negative entities, and eliminate suggestions of fear.

-Treat the disturbed spirits who may communicate in the sick environment not as executioners but as brothers and sisters needy of assistance and pity.

-Prevent comments about the unbalanced or depressing conversations of unfortunate disincarnated spirits.

-Police our manners and phrases, convincing ourselves that the obsessed person often represents a whole phalanx

of intelligence needed for comfort and direction, even though invisible to the eye.

-Avoid susceptibility to supposed offenses in the obsessed person's family environment, understanding that the obsession installed in a determinate place sometimes resembles a cyst in the body, extending its roots everywhere.

-Understand rather than get emotional.

-Refrain from taboos and rituals, whose harmful effects will remain in the mind of the obsessed after the very cure.

-Ask for the cooperation of enlightened friends who can help the patient.

Control ourselves. Don't be curious about the events of the cure, bearing in mind that it falls to us do good with discretion and humility.

Teach, but also practice charity, noting that in many cases, the obsessed person and those who make up their domestic team lack even sustenance.

Suppress, as much as possible, the elements that refer to sadness and discouragement, distress or tension in the work you carry out.

Do not attribute the encouraging results of the treatment

to yourself, disregarding the hidden and providential action of the Good Spirits.

Educate the obsessed person in Spiritist principles by taking them to a doctrinal temple, where they can assimilate Spiritism's logical and fundamental lessons.

Help without demanding.

Support the companion in need without censorship, even if apparent reasons induce you to do so while remembering that Jesus Christ, the initiator of Disobsession on Earth, healed the sick without hurting or condemning anyone.

24

G ~ Chap. XV ~ Item 5

SB ~ Question 779

Topics studied:

~Cultivation of rational faith

~External worship

~Christ's teaching

~Intimate happiness

~Influence of the Gospel

~In search of God

God and Charity

Through long and tortuous paths, we have sought integration with God.

We have crossed multiple existences and expended enormous efforts...

We thought He had the self~worship of crowned tyrants and invented ways of praising Him to gain His sympathy.

We thought we were paying homage to His greatness with the pageantry of external rites and built palaces in which we offered gold and purple as a form of devotion.

We believed that the Supreme Lord wished to dominate people using violence, and we didn't hesitate to create religious systems of oppression to bend the necks of those who didn't think along our lines.

We admitted that He was greedy for honors and didn't hesitate to consecrate bloody sacrifices to Him before symbols with which we mentalized His presence!

Taking pity on our ignorance, Divine Providence decided to send someone to instruct us in the ways of elevation, and Jesus, the Sublime Governor of the Terrestrial Planet, came in person.

He explained to us that God doesn't ask us for adulation or pomp, victims and holocausts, but rather for a heart inflamed with fraternity, in the service of the good, so that the Earth may finally open up to the glory and happiness of His Kingdom.

For this reason, the Master, while respecting the convictions of His contemporaries, took great pains to teach us union with God, above all, through helping those in need, giving hope to the sad, supporting the sick, and relieving the suffering of all origins...

Since then, a new light has brightened the spirit of the nations, and humanity has begun to understand that God, the Just and Merciful Father, does not exclude anyone

from His Blessing. He expects that today or later, we live as beloved children, united as true brothers and sisters to one another.

That's why, in all countries and faiths, temples, and homes on Earth, where the Gospel of Jesus is sincerely practiced, the worship of Divine Providence begins with charity.

Respect Everything

From the cultivation of rational faith, in the sanctuary of intelligence, come the substantial fruits of certainty in the future.

From the will to do good come all lasting undertakings in the world.

No construction can do without disciplined and incessant effort to remain equal in its specific activity.

No one can escape the living and pure signs of fraternity in one's own countenance if they wish to achieve real joy.

From the careful search for knowledge comes the updating and competence of the worker.

From the use of the current hour in dignified movement comes the security and tranquility deserved in the hours to come. No soul can avoid the hierarchy of values supported by the Eternal Laws.

The fixation of evil on the roadside is the source of all the frustrations and pain that disturb the walker's journey.

Life is a logical chain of manifestations, and we find everywhere the continuous succession of its activities, with reciprocal influence between all beings.

We must emphasize that each thing, and each person proceeds from and depends on other things and people.

So, respect everything, love everyone, and always trust in the victory of good to maintain the standards of true happiness in the heart within the Unlimited Field of Evolution.

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G ~ Chapter XII ~ Item 9

SB ~ Question 876

Topics studied:

~Administration

~Attitude and spiritual help

~Unpleasant duties

~The importance of prayer

~Management difficulties

~Responsibility to guide

In Management Crises

It's usual to lose interest in unfortunate aspects of the service necessary to preserve truth and goodness; especially when the consequences don't concern us.

If we have no obligation to inspect the deficiencies of the road, we rarely bother with the gap left by the downpour at the base of the viaduct.

It is not so with those responsible ones who will do their best to remove the danger.

It's the same in everyday life.

We want peace and quiet, but there are risks ahead.

We are parents... and we wake up to children needed of support in the form of a warning.

We advise companies... and see omissions before which silence would support a disaster.

We work in education... and we must face incidents that compromise the safety of the school.

We administer institutions of general interest... and we find flaws that it will not be lawful to disregard with carelessness, under penalty of approving the influence of darkness...

These are the most painful moments for those who must watch over someone or a community.

In these perilous stretches of work, we are often driven to desertion. However, no captain is ever brought to steer a ship to abandon it to the waves in harsh times.

But what should we do in inevitable crises when we need to point out, rectify, clarify, and define?

In these hard problems, a solution appears, luminous and comforting: We can pray.

When you find yourself amid such obstacles, don't criticize the companions who pass by unconcerned before

your struggles, and don't settle for evil under the pretext of loyalty to harmony.

Pray always, faithful to the good of truth and the truth of good, even if all circumstances go against you.

Through prayer, the Lord will give you the right strength with the due measure and the correct word in the precise direction.

It will always be this way, for if the individual directs, God guides. We manage life, but life belongs to God.

Life's Sentences

Do your unpleasant duties.

Seeking only our pleasure is chronic self-indulgence.

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Vitalize business with pure fraternity.

Commerce does not escape the action of Divine Providence.

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Put the good of all above partisan interests.

The Christian path in endeavors of life will always be "charity."

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Forget narratives that indirectly exalt error.

The moral of a badly-told story is always invigilance.

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Free yourself from catchphrases.

False words stifle thought.

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Avoid harmful or unnecessary amusement.

Unwary feet meet the unexpected fall.

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Resist dishonesty.

The criterion of love does not change.

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Value God's loans.

Giving does not mean abandoning.

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Cherish the wisdom of the Law by obeying it.

Spiritual help does not come without a price.

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26

G ~ Chapter XI ~ Item 11

SB ~ Question 685

Topics studied:

~Disincarnation and life

~Atonement in sight

~Moral insensitivity

~Physical maturity

~Mission of experience

~Life and transformation

Crises Without Pain

It's easy to recognize open crises.

An externalized ordeal means difficulty ahead.

They usually come as illnesses, disenchantments, accidents, or heart trials.

They attract the spontaneous support of those around them, to whom the victims lean, overcoming days of anguish with serenity and courage, like someone who crosses long tunnels of affliction without higher risk.

We do, however, have disastrous crises without pain, those that hide under the safety of the surface:

~ When we settle for inertia on the pretext of having worked too hard...

~ On occasions we demand that our neighbor become undue support in the game of usury or in the attack of ambition...

~ For as long as we admit our supposed superiority over others.

~ Whenever we think we're infallible, even when we're enjoying the highest positions on the paths of humanity.

~ When we believe ourselves to be so supposedly wise and virtuous that we no longer need warnings and corrections in our tasks.

Whatever the circumstances in which we deliberately avoid the imperatives of self-education or helping others, we are in a dangerous situation in our spiritual life, with the obligation to make an intense effort not to fall to a lower level of feeling and conduct.

Let us free ourselves from the complexes of greed and vanity, stubbornness and laziness that lull us into insensitivity to the point that we do not register the slightest manifestation of suffering.

It is often through these elements that the most significant spiritual disasters occur within and around us, whether due to neglecting duty or succumbing to obsession.

Voluntary Dead

Generally, the human mind is conditioned to believe that organic maturity is the antechamber of helplessness, and many people undeservedly resign from the duty that life has delegated to them.

Countless companions, because they have reached professional retirement or for having embraced children, say they are at the end of their physical careers.

They forget that the ripened fruit guarantees the entire renewal of the species, and they lie prostrate on the threshold of inertia, proclaiming discouragement.

They talk about dusk as if they did not count on the tomorrow morning.

They begin any comment on the burning issues of the present with the classic phrase: "It was not like that in my day."

Meanwhile, life around them is a permanent challenge to progress and transformation, calling them to rejuvenation.

Their children ask them for healthy guidance, their grandchildren ask them for soul warmth, their friends ask

them for the help of experience, and the brothers and sisters of Humanity count on them for new evolutionary journeys.

Yet, it's enough to think that children and young people can't hit their stride without mentors trained in experience and experts in discernment and work, so they don't underestimate their role.

Let's not forget that the Spirit reincarnates, going through the difficult stages of childhood and youth to reach physiological adulthood and begin to live from the point of view of individual responsibility.

How many obstacles were overcome and how many illusions crossed to consolidate a reincarnation, far from the narrow beaches of the cradle and childhood, so that the Spirit, a voyager of eternity, reaches the high seas of earthly experience!

However, many fortunate people who enter the golden age of reflection with all the possibilities of creative service stagnate in their supposed incapacity, knocking on the door of disenchantment like those who indulge in the voluptuousness of self-pity.

Let us work to exterminate the plague of discouragement in hearts that have reached the precious stage of prudence and understanding.

Life is an eternal flame. Every day is a time to invent, clarify, and move forward.

Experienced companions in earthly endeavors are the vanguard of those reborn on the planet and not the so-called "rear" that the grumbling of many has imagined to depress the best time of the creature reincarnated on Earth.

Disincarnation is the liberation of the soul; death is something else. Death is the cessation of life, rot, and mold.

Those discouraged from fighting, working, renewing, and evolving are the ones who die, even though they are alive, becoming mummies of denial and laziness.

When disincarnation passes through them, transfiguring them, they continue to be in the condition of voluntary dead who refuse to live.

Let's follow the march of the Sun, which every day creates, transforms, experiments, and beautifies.

Let us renew ourselves.

27

G ~ Chap. X ~ Item 13

SB ~ Question 8722

Topics studied:

~Evolutionary learning

~Balance of conscience

~Jesus and forgiveness

~In the sphere of human actions

~Problems of harmony

~Reconciliation

In Examining Forgiveness

Let us look at the teaching of Christ on forgiveness.

Note that the Lord states convincingly:

~"If your brother has acted against you…"

It means that Jesus begins by considering us as offended ones, incapable of offending: He teaches us to understand our neighbor, believing we are sincere in fraternal relations.

In the slightest grievance matters, let us subject ourselves

to dispassionate self-examination.

Perhaps the reaction that arises against us results from our thoughtless actions.

If our conscience shows we are in debt to others, let's have enough courage to apologize to them, making every effort to remedy the fault committed and articulating services that shows our intention to make amends.

If we feel hurt or wronged, let us forget the evil. If the harm affects us individually and only us, let us recognize that we are equally fallible and offer our enemies immediate possibilities to repair it.

However, if the damage we are involved in affects the community, and it is not up to us, but to justice, to judge the blow committed, we should not praise frivolity.

Even so, we can reconcile ourselves with our adversaries in spirit, praying for them and supporting them indirectly so they may value themselves for the general good in the jobs that life has reserved for them.

In any case, let's avoid spoiling our thoughts with the vinegar of bitterness.

We don't always succeed in journeying along earthly paths with everyone, as until we complete our self-education course in the institute of universal evolution,

not all of us will be reborn simultaneously in a single family, nor will we be able to live in the same house.

So let us go on with our lives in harmony with everyone; even if we cannot approve of everyone, understanding and selflessly helping those we still don't have the gift of pleasing in person.

Let us ask for the Divine Blessing for those with whom we cannot support delinquency or encourage disturbance.

Memorandum

- The scales of good have no copies.

- The will gets sick but never dies.

- Whoever compensates evil with evil achieves greater evils.

- Real love exudes impartiality.

- Suffering awakens duty.

- Excessive medicine becomes poison.

- We are all Jesus' family.

- No ornament disguises guilt.

- Life does not tire the humble heart.

~ Every conviction deserves respect.

~ Only a clear conscience offers a peaceful sleep.

~Emotions and ideas do not exist alone.

~ Time does not disfigure spiritual beauty.

~ Mediumship, in essence, is reciprocal cooperation.

~ For the Christian, there is no such thing as someone else's pain, for the community's pain belongs also to them.

~ Correction comes from error.

~ Vigilant lips do not boast of advantages.

~ Charity is the living thought of the Gospel.

28

G ~ Chapter V ~ Item 4

SB ~ Question 945

Topics studied:

~Self~help

~Nervous depression

~Before tiredness

~Sick souls

~Hidden obsession

~Remedy against discouragement

When Tired

When fatigue seeks you out in the service of good, reflect on the brothers and sisters who sigh for the minimum of facilities that enrich your hands.

Consider not only the difficulties of those who, at the height of their physical strength, are affected by brain injuries but also the misfortune of those who fight obsessive processes linked to the darkness of delinquency. Observe not only the torture of the paralyzed, confined to beds of trial but also the pain of those who have not

understood the educational function of earthly straining and live with their hearts hardened in indifference.

Consider not only the torture of those born in a painful condition of idiocy, needing other's resources in the minimal operations of organic life but also the dangerous imbalance of those who, in the fastness of material comfort, slip into atheism and vanity, deliberately avoiding the spiritual realities.

Meditate not only on the affliction of those injured in terrible disasters but also on the anguish of those run over by slander, collapsing morally in rebelliousness and criminality, for being unable to assimilate the benefit of pain.

When fatigue lurks in your action sphere, think of the companions trapped in the hardship of body and soul, waiting for the help, however small, of your thought, word, providence, and hands...

If discouragement threatens you, examine whether it is not just a desire to rest before your time, and if you recognize that you have the energy to be helpful, do not trust yourself to inertia or lamentation. When fatigue strikes, remember that someone guides and strengthens you in carrying out your tasks from on High. Someone with enough love and power to wait for your

resources and gifts in the construction of a Better Life...

That someone is Jesus, whom we accept as our Master and once said, positively, in front of followers amazed to see Him serving on a day of rest: **"My Father works until today, and I work too."**

Imaginary Diseases

We are often faced with a distressing problem whose solution lies within us.

We blame it on long ranks of our brothers and sisters who not only make the home unhappy, where they should sustain equilibrium, but also swarm into doctors' offices and nursing homes, taking the place of those who are genuinely in need.

We refer to less vigilant people, always inclined to exaggerate any symptoms or impressions and become false patients, making themselves victims in the realms of imaginary illnesses.

They sometimes experience mild intoxication, which can be overcome without much effort, and, overdramatizing small organic maladjustments, they drench themselves in drugs, respectable, when necessary, though working like inopportune electric charges whenever improperly applied.

As they reach this point, such devotees of fantasy and destructive fear fall physically into wear and tear processes whose consequences no one can predict. They might also enter, without noticing, the subtle calamities of hidden obsession, where unfortunate spirits dilapidate their strength.

After that, as body or mind alteration occurs, naturally, real imbalance appears and consolidates, even bringing about premature disembodiment. It only aggravates the responsibility of the numb ones towards life, who have no courage to work, suffer, and fight.

Let us guard against this unnecessary danger.

If pain appears, let us examine our behavior, checking whether we have not given rise to Nature's beneficial warning.

If nervous depression arises, let's examine the content of the emotions we are giving our thoughts' energies, to know if tiredness isn't just a healthy warning from our soul so we can clarify our existence and course.

Before launching any anguished cry for help, let's learn to help ourselves through careful and conscious self-analysis.

Even if it's not for us, let's do it for others, those who love us and inconsequentially waste valuable resources and time suffering in vain with the frivolity and weakness we surrender to.

Those of us working diligently in the Spiritist Doctrine should focus devotedly on fighting the imaginary illnesses that can make us endure unnecessary suffering caused by self-obsession.

29

G ~ Chap. XVII ~ Item 3

SB ~ Question 479

Topics studied:

~Discernment and temptation

~Frontiers of obsessive process

~Living links

~Moral dangers

~Prophylaxis of the soul

~Virtue

Emergency

The situations in which we slip unwittingly into disturbance and shadow are perfectly discernible.

Let's list some of them with which we clearly face the danger of obsession:

~Unoccupied head;

~Unproductive hands;

~Irreverent words;

~Useless talk;

-Constant complaining;

-Disrespectful opinion;

-Undisciplined time;

-Insincere attitude;

-Pessimistic remark;

-Impatient gesture;

-Aggressive behavior;

-Inconsiderate behavior;

-Excessive attachment;

-Partisan decision;

-Exaggerated complacency.

Whenever we, the incarnate and discarnate spirits who work for spiritual renewal, see ourselves at such frontiers of the obsessive process, let us proclaim the state of emergency in our inner world and defend ourselves against the imbalance, using the prophylaxis of prayer.

Images

Selfishness is a deadly gas. It always takes up all the space on offer, intoxicates, and makes people suffer.

Flattery is the drink of invigilation. It adapts to the container of the intention that keeps it. It inebriates and creates frustration.

Sincerity is moral steel. It demonstrates its determined form and resistance. Useful for lasting constructions.

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Material constructions are ephemeral tattoos on the cyclopean crust of the Planet.

Spiritual constructions are lasting improvements in the intimate structure of the Spirit.

From the seed sprouts the stem of the plant.

The body of the animal is born from the egg.

From the conscience blossoms the guideline of destiny.

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Goodness, heat of Life.

There are good and bad conductors of heat.

The conductivity of good among men demonstrates the value of each one.

Apparent virtues ~ common metals in man, which change in the face of the illusions' gale.

Real virtues ~ precious metals in the Spirit, which are not corrupted by the winds of human temptations, sustaining eternal life.

30

G ~ Chap. V ~ Item 20

SB ~ Question 938

Topics studied:

~Altered affections

~Unforeseen afflictions

~Appeal to reason

~Restlessness

~Need for sympathy

~Serenity

Modified Friends

In everyday life, determinate circumstances arise in which we must rethink our assessments about the conduct of some people we love the most.

The individuals who once shared our beliefs now engage in experiences they previously showed no interest in, and optimistic companions diverge onto different paths.

In vain do we look for old expressions of agreement and affection in them, for they seem emotionally distant from us.

In the days when the faces of loved ones appear different

it's natural that apprehensions and unanswered questions fill our minds. Let's refrain, however, from hurting them with an unkind comment or interpreting their unexpected directives as ingratitude.

Maybe the Divine Laws are calling them to fulfill commitments presently not in line with ours.

Let us also understand that the past is an infallible bailiff calling us to rectify the duties we left imperfectly completed in other existences.

Let us reassure our changed friends with our best wishes for success and security in carrying out the new tasks they are heading for.

We should reflect that if their temporary absence has brought us feelings of grief and emotional need, perhaps the same is happening to them, and instead of criticizing their attitudes – even if they are far from us – let's try to wrap them up in thoughts of sympathy and trust so we can meet again later at higher levels of work and joy.

Given this, whenever dear hearts no longer share our harmony and coexistence, if unhappy suggestions visit our minds, let us immediately ask the Lord to enlighten our understanding so we do not fail to support them with fraternity and blessing.

Surprise Trials

There are many worries on Earth.

We have those who stay close to us, like long-time neighbors, in the griefs of relatives and friends whose sorrows belong closely to us.

We find those that plague our bodies as chronic illnesses, unwanted tenants.

We assimilate afflictions of different kinds, such as the declared and the unmanifest, the unjustifiable and the imaginary, whose size and spread always depend on us.

There are, however, certain kinds that we rarely count on. They are born out of the unexpected.

They sometimes break out when we believe we are in absolute security.

They strike like a fulminating bolt of lightning, shredding emotions or upsetting thoughts.

It's inauspicious news:

-The moral blows struck against us, often unintentionally, by those we love most.

-Disasters with indefinable consequences;

-Sudden evils that propel us towards significant renewals.

We mustn't forget these visits that hurt our hearts without

any expectation on our part.

Let's understand that in frequent episodes of our lives, we are like students striving for weeks, months, and even whole years to reveal the precise qualifications for an exam that only takes a few moments.

We must comprehend that in times of crisis, neither crying nor emotionalism is the best reaction, but calm and logical reasoning so we can stop the incursion of the shadow.

To do this, we need serenity.

The serenity that sustains and helps us to assist others.

The imperative of prayer and vigilance does not only concern impulses to vice and crime. It also includes delay, imbalance, and madness we must face when we are not prepared to withstand unexpected trials, whether as anguish at the evil challenges or suffering for the guarantee of good.

31

G ~ Chap. XXVI ~ Item 8

SB ~ Question 168

Topics studied:

~Mediumistic support

~Improving mediumship

~Guilt and redemption

~Reincarnation and improvement

~Mediumistic tasks

~Earth ~ Educating Planet

Through Reincarnation

It would be better if there weren't beggars on Earth waiting for coat and bread.

If it's fair to regret the moral backwardness of the planet that still harbors deprivation and need, let us examine ourselves when we are inclined to unbridled ambition and see that poverty, through reincarnation, is the teaching that corrects our excesses.

It would be better if we didn't see mutilated and sick people begging for relief and medicine.

If it's understandable to lament the conditions of the physical body, which still exposes people to such grief, we ought to look at the heavy burden of animality we keep in our being, and we'll recognize that without the body diseases, through reincarnation, it would be almost impossible to improve the soul qualities.

It would be better if we didn't see unhappy children, causing anguish at home or pity on the streets.

If it's natural to be moved by such painful problems, let's meditate on the hatreds and aversions, conflicts, and disputes that we so often carry beyond the grave, transforming ourselves into vengeful and obsessive spirits after death.

Thus, we will thank the Divine Laws that make us downcast and little through reincarnation, handing ourselves over to the support and will of those brothers and sisters we have hurt at other times.

As we lack everything in childhood, even the maternal commiseration that nurtures and preserves our defenseless bodies, we will finally learn that Eternal Wisdom has raised us to imperishable love in the Triumphant Life.

Blessed Earth! Earth, which we so often malign in days of misfortune or moments of ignorance, we thank you for the

pain and afflictions you offer us as the spoils of our mistakes.

We pray to God to strengthen our purposes of readjustment and improvement so that one day, we can repay you somehow for the benefits you have lavished on us for millennia and millennia through reincarnation!...

Mediumship and Psychotherapy

Mediums, as liaisons between spiritual and physical planes, will always be asked to give guidance on the many different issues that affect people who approach them.

Hence, the recommendation is to practice some principles of psychotherapy and human relations.

The intensity of modern life on Earth has led to a general lack of roadmaps, plans, programs, and observations for depressed, shy, skeptical, repressed, and frustrated people.

For those of you who are beginning your efforts in mediumistic tasks, whether through magnetic passes, psychophony, psychography, or other assistance forms to the afflicted in soul and body, let's study some attitudes for the manifestation of friendly entities to give fraternal aid through simple and natural advice.

Patience and perseverance in charity must be constantly associated with your presence and expression.

Don't be surprised or perplexed by the revelations you hear so as not to undermine the trust of the heart that talks to you.

Use all the resources in your mental field to sympathize

with the individual who is asking your opinion, without showing yourself to be superior.

Cultivate invariable attentiveness to the others' confidences, demonstrating higher affectionate interest in the solution of the interlocutor's problems, whoever they may be.

Try to get the person to explain in detail and calmly the situation that concerns them, so you can help them with a broader view of the facts.

Avoid rashly judging or criticizing those who entrust themselves to you, even with inarticulate reproaches.

Restrict your questions to the necessary subjects and moments.

Research the basic postulates of Spiritism, arguing with the occurrences under examination through the sieve of Spiritist discernment, and exalting personal responsibility before eternal existence.

Whenever possible, indicate an establishment of spiritual support according to the person's affinities and needs.

Keep secret what should not be revealed, maintaining discretion and respect for all brothers and sisters in experience.

Never force resolutions in this or that direction, but explain the diverse alternatives, with their probable consequences, and let the companions' free will choose the one that best suits them.

Maintain balance, understanding, and kindness in your manifestations so that moral and spiritual authority favors your work.

Read constantly to improve your processes for analyzing souls and techniques for presenting the most just solutions, according to your understanding.

Above all, be sure that the possibilities of help are unimaginable for an incarnate one who trusts in the Good Spirits. Mostly when he is aware of his inner resources when connected to them, as they extend us the inspiration and support of Higher Life.

32

G ~ Chap. XVII ~ Item 10

SB ~ Question 875

Topics studied:

~Spiritist warning

~Natural condominium

~Snobbery and Spiritism

~Team spirit

~Social exteriorities

~Golden rule and action for good

About the Golden Rule

The further we progress, the more intensely we realize that life is a condominium.

We are obliged to share the air and sunlight that have never been under our control.

And, referring to the goods we retain on Earth as incarnate spirits, the more we solve the main issues of collective interest, such as justice, economy, work, provision, or housing, the more compelled we feel to observe others' rights.

Whether in a building or in a shopping queue, our conveniences are subject to the tranquility of our neighbors. In work's environment, no matter how important it may seem, production only appears in its precise output if it is kept in orchestral music form, assigning each instrument its responsibility.

Civilization and culture are based on team spirit, with interdependence in between.

Identical principles prevail in the realm of the soul, calling on our free will to the safety and happiness of all those who share our experience.

Without any pretensions of a political nature, the Spiritist Doctrine currently operates in the religious field of humanity, as a providential mechanism of alert, inducing us to the natural and spontaneous participation in the construction of the common welfare.

For centuries and centuries, we have preserved ignorance and deprivation, war and crime, in the name of God's Will.

Yet, Spiritism, by restoring the message of Christianity, which came to establish fraternity among men, asks each of us whether we would be really determined to live under the Will of God if we were among the victims of poverty and darkness of spirit.

Let us use all our possibilities, resources, or skills to build new times.

Solidarity and cooperation, understanding and concord, and love moving from theory to practical life.

The golden rule, to be duly complemented, is not restricted to the negative structure: **"Do not do to others what you do not wish them to do".** It requires full observance of the positive form in which it is expressed: **"We must do to others everything we want them to do to us."**

Snobbery

Exoticism threatens the Spiritist ranks without being any of the eccentricities that appear in the doctrinal movement on account of marginal extravagance.

Perhaps it is a worse nonsense, because if in the activities parallel to the truthful path of the Spiritist ideal we see many people sincere in their intentions, in this or that weirdness we find the mask of attitudes at odds with the airy principles of the New Revelation.

We are talking about the snobbery that often appears in our formations, like a pest on a valuable plantation.

Companions overcome by such damage soon show the signs consequential to it.

They continue to be Spiritists and claim to be Spiritists, but they start intending to have a higher orientation, becoming excessively admiring of the latest trends.

And, unawares, without paying more attention to the teachings of the Doctrine they embrace, they crystallize nonsense in their way of being.

They usually fall in love with social exteriorities and choose a determinate class to attend.

They isolate themselves in a segregationist group, although they consider themselves to be representatives

of the highest orthodoxy in terms of opinion.

They believe much more in the transient titles of academicism and economic facilities than in the substantial value of people.

They esteem spectacle above service, and show a beyond than the fair appreciation to the world's medallions, as they become more distant and ashamed of relations with the humble.

They are always willing to give orders at work about organization, time, place, and conditions without allowing the work to command them in the established arrangements and disciplines.

In works of charity, they treat brothers and sisters in need as if they were social outcasts while they bow reverently before any figure of worldly prominence of dubious merit.

We, disincarnate and incarnate Spiritists, must stand sentry against such absurdity.

Snobbery – let us repeat – is a parasite that destroys the tree of our principles and achievements.

Let's be vigilant.

Let's imitate the correct farmer who looks after his own crops, and if snobbery sneaks into our activities, let's immediately try to get rid of it.

33

G ~ Chap. IX ~ Item 5

SB ~ Question 887

Topics studied:

~Conformity

~Indulgence

~Jesus and resignation

~Forgiveness in everyday life

~Resignation and patience

~Tolerance

Forgiveness and Us

We often only think about the need for forgiveness when we are publicly wronged and receive much support from friends, making us doubt our worth.

The science of forgiveness, however, as indispensable to balance as air is to existence, begins with understanding and kindness before the tiny sorrows of the inner world.

Not just to excuse all the damage and disadvantages, insults and major disrespects that affect us, but to bear with patience and forget completely, even in the slightest

comments, all the little injustices of everyday life:

-The malicious remark;

-The pejorative reference;

-An unanswered appeal;

-The kindness refused;

-The forgotten benefit;

-The harsh gesture

-An aggressive voice;

-The thoughtless word;

-A scornful smile;

-The ironic remark;

-The compromising indiscretion;

-A depressing concept;

-An unjust accusation;

-An unjustifiable omission;

-The malicious comment;

-The unexpected snub;

-The contempt in the family;

-Being overlooked in any way;

-The impious message...

Let's not delude ourselves when it comes to indulgence.

Forgiveness is not a resource to be applied only to great moral pain, like formal attire, solely worn at ceremonial times.

We are all susceptible to error, and for this very reason, forgiveness is necessary all the time.

Though, just as a composer cannot obtain a symphony without going through solfeggio, forgiveness does not exist on our part before great offenses if we do not learn to overlook small indelicacies.

Resignation and Resistance

We need to study resignation so that patience doesn't bring counterproductive results.

A farmer will bravely endure a downpour and hailstorms in his fields but will not tolerate grasshoppers and weeds.

We usually talk about tolerance as if we were looking for a place to hide our idleness.

If we bask in comfort and immediate advantages in the empire of passing materiality, why would we care about the others' discomfort and disadvantages?

We forget that a neighbor's fire is a fire threat in our house and that unexpectedly unforeseen flames might erupt next to us, compromising our safety and illusory tranquility.

We all need to adjust resignation in the right place.

If the Law presents us with an inevitable disaster, it's not just to break down in shouting and nonconformity. We need to decide to take the remnants and reweave them for good in the loom of life.

If circumstances reveal the incursion of typhus, it's not understandable to fold our arms and let the bacilli spread.

It is always advisable to review our attitudes in the field of conformity.

How do we react to suffering and evil?

If we accept penury for hating work, our poverty results from compulsory merit.

Civilization means continuous work against barbarism.

Hygiene expresses infinitely repeated activity against filth.

In the domains of the soul, all the conquests of the individual on the course of sublimation require harmony with persistent action to preserve them.

Peace ready for alarm. Practice of good works with a safety device.

Serenity is operative constancy; hope is an ideal with work.

No one should cultivate resignation before declared and removable evil, under penalty of aggravating it and suffering its deadly blow.

Let's study resignation in Jesus Christ.

The Master's cross is not a symbol of passivity in the face of cunning and cruelty, but rather a message of resistance against lies and criminality disguised as religion, in a firm protest that continues until today.

34

G ~ Chap. XVIII ~ Item 16

SB ~ Question 167

Topics studied:

~Codification with Jesus

~Creating harmony

~Creating progress

~Instruction by example

~Spontaneous guidance

~Spiritual vanguard

Spiritual Support

On the physical plane, wherever social culture appears, disaster safety devices are multiplying against meltdowns.

But this must also happen in the realm of the soul.

If you have already awakened to higher knowledge, you are at the forefront, being able to guide your neighbor.

Be sure that the more your inner perfection expands, the greater the number of eyes and ears that seek to see and hear you, for all those in tune with you, in spiritual

subordination, mechanically pass into the condition of apprentices watching you.

Therefore, don't neglect to support those who accompany you in the school of life, understanding that there are falls of thought that cause regrettable accidents of the spirit.

In every situation, use words and attitudes effectively helpful.

When faced with other people's faults, do not act thoughtlessly, censuring or approving this or that without fair analysis, under the pretext of ensuring harmony, but act with kindness, providing advisable corrections, without fuss and harshness.

If a need for a warning or reprimand arises, since every respectable school demand discipline, offer your example of the duty correctly performed before speaking.

When talking, choose, as far as possible, the place, time, and manner by the commitments you have made to the common good cause.

When reading calamitous news reports or undesirable books, highlight the subjects you feel worthy of appreciation and examine them with the companions of your level of experience. Avoid inconvenient comments with friends of immature understanding.

When spreading or disseminating publications, only pay attention to those likely to benefit readers.

Faced with all the disagreements, conflicts, despairs, and worries, articulate ideas of peace and utter phrases of peace without ignoring that we are all in a permanent struggle against evil and that no enlightened person can believe themselves to be in illusory neutrality.

Pacify others through your unpretentious and spontaneous cooperation in bringing tranquility to them.

Nevertheless, don't deceive anyone with the expectation of a tranquility that only exists in those who run away from their obligations and never prevent disorder.

Wherever you are, administer spiritual help with the lever of your balance.

Vigilance without violence.

Calmness without laziness.

Comfort without lies.

Truth without drama.

If you already know what you must do in the soul sphere, you own a heart called to instruct, which is a legitimate teacher that sees further. Thus, you should not only inform and teach but also support and watch over your neighbor.

Sowers of Hope

Perhaps you haven't thought about the beautiful and grave verb to which we are all called:

To create for progress. In endowing us creatures with reason, the Creator gave us the power to imagine, promote, originate, and produce.

We often refer to the law of cause and effect.

We know it works with accuracy.

We use it only to justify suffering, forgetting the possibility of establishing joy.

We cause things to happen; we generate events.

We experience such peculiar forces to produce circumstances that favor us.

Before the steam train, electricity already existed.

Transportation was initially driven by traction, but it required human innovation to invent the locomotive, leading to the development of the electric train, which has since advanced driving systems and civilization as a whole.

For millennia human eyes observed the sky, but it took an astronomer to invent lenses, allowing people to gather

valuable information from the Universe, which already existed before them.

The principle is the same for moral life.

We need now and everywhere the creators of domestic and social harmony, the designers of right thoughts, and sculptors of good works.

Time will teach us to understand the basic need to create conditions for mutual understanding, just as rules have already been established for the organized transit of automobiles.

Invent comforting solutions in your existence, create reasons for peace, draw up guidelines for improvement, and do what hasn't been used to realize everyone's inner wealth yet.

We probably undergo an obscure stage of lessons, under the imperious influence of past actions.

However, we should not forget that we are clear-thinking Intelligences, and if in the past we were able to do what makes us unhappy at this time and place, we retain the sublime faculty of thinking, planning, and building.

Let's help in Jesus' constructiveness.

Let's be Sowers of Hope.

35

G ~ Chapter XII ~ Item 3

SB ~ Question 524

Topics studied:

~Collaboration with spiritual benefactors

~Fighting obsession

~Strength of thought

~Harmonization

~Destructive spiritual influence

~The need for recovery

Spiritual Environment

There is undoubtedly a specific task destined for Spiritists, outside of the duties peculiar to them: to create a suitable environment for the Good Spirits' work.

Aware that we have legions of instructors' support residing on sublime planes, and informed that they set out to support humanity, is it fair to destinate the cooperation with them only to mediums and phenomena?

In fact, it is necessary to consider that mediumship must be carefully refined to reflect them, and phenomena are

frequently lost in the ashes of doubt or the tumultuous current of discussion.

We are all called to collaborate with the Lord's workers, especially in a favorable environment for their manifestation.

To do this, let's start by banishing all ideas of cruelty, violence, pessimism, and bitterness....

Before interacting with anyone, let's treat them as a sibling who expects from us the love we have been blessed with by Divine Providence.

Whether on the street, at work, or home, let us strive for harmonization and serenity.

In conversation, let's avoid images of irritation or malice.

Let's refrain from repeating comments about scandals and crimes, dwelling on scurrilous cases only for as long as necessary to clarify the truth without turning sincerity into a can of gall.

Let's communicate joy and confidence to those who live with us.

Let us be always ready to do the good we preach, diligently seeking the opportunity to serve.

If we have to correct something in our circle of work, let's put ourselves in the place of the person rectified so that

we can be gentle and, when we give something away, let's imagine ourselves in the position of the recipient so that vanity doesn't creep into our planting of solidarity.

Above all, we must remember that the foundations of any spiritual environment begin in the forces of thought.

We all, discarnate and incarnate spirits linked to the Spiritist-Christian field, count on the support of the Greater Life Instructors.

It is only natural, given the needs that mark our path, but we mustn't forget that they also await our help so they can assist us more widely.

Subtle Spiritual Influences

Whenever you experience a state of mind that tends towards defeatism and has lasted for several hours without a prominent organic or moral cause, consider the case of a subtle spiritual influence.

Be clear with yourself to help the Spiritual Mentors to assist you.

It is the appropriate occasion for humility, prayer, and the magnetic pass.

Among the factors that most reveal this condition of the soul are:

-Difficulty concentrating ideas on optimistic motives;

-Absence of an intimate atmosphere to raise feelings in prayer or concentrate on edifying reading;

-Unexplained indisposition, sadness for no apparent reason and forebodings of immediate disasters;

-Unmanifested annoyances at not finding people or matters on whom or what to unload them;

-Surreptitious pessimism, deaf irritation, complaints, exaggerated sensitivity, and an aptitude for condemning those who are not blameful;

-Forced interpretation of facts and attitudes of yourself or

others, which you know do not correspond to reality;

-Hyperemotionality or depression bordering on the

verge of tears;

-Eagerness to play the victim or take an absurd position of self-martyrdom;

-Stubbornness in not accepting, for oneself, the spiritual influence, but after the event, a change in impulses, the repentance, the recompositing of mental tone, and often, the realization that it is too late to undo the mistake made.

These are always discreet and occasional accompaniments on the part of the disincarnate Spirits, invisible to the incarnate one due to the fineness of the process.

The Spirit can be unaware of their actions, causing the individual to think that the adverse effects come from themselves.

When the influencer is conscious, he prepares the event in advance and meticulously, sometimes days and weeks before the sneaky assault, scheduled for the opportunity of a prospective meeting, conversation, receipt of a climactic letter, or unforeseen service crisis.

We don't know what has caused the worst damage to humanity: the spectacular individual and collective

obsessions that everyone notices and helps to undo or isolate, or the half-obsessions of near-obsessives, unnoticed, though much more frequent, which undermine the energy of a single unwary individual, but

influence the itinerary of legions of others.

How many disagreements, separations, and failures do not arise this way?

Study whether you haven't been in some circumstance characterized by the subtle spiritual influence in the last fortnight.

Study and help yourself.

36

G – Chap. XVII – Item 4

SB – Question 717

Topics studied:

–Aid and opportunity

–Necessary contribution

–Spiritist action team

–Receiving and giving

–Superfluity and fraternity

–Spiritist temple

The Spiritist in the Group

Many companions believe that being part of a Spiritist action team is limited to witnessing the routine activities of the institution they are linked to and fulfilling simple economic obligations. But this is not the case.

The Spiritist, in the set of Spiritist achievements, is an intelligent cog with the duty of working in harmony with the lofty objectives of the machine. A Spiritist temple is not just a material building. It is a point on the planet where rational faith studies the universal laws, especially

those relating to conscience and justice, the building of destiny, and the soul immortality. Home of enlightenment, consolation, renewal, and solidarity, in whose balance each heart that makes up its moral structure resembles a living piece of love that supports the work itself. It's not enough to attend meetings. We must listen to the needs of these meetings, offering them a solution.

One should not only respect the orientation of the household but also spontaneously work with the leaders to prevent and resolve conflicts, disturbances, and disputes at their root, so they do not lead to scandal.

Speak and listen constructively. Do little tasks, such as reassuring a child or supporting a sick person, removing a danger, or providing explanations without direct requests.

Above all, in the Spiritist organization, the Spiritist is called upon to cooperate in the harmony, silencing grievances and erasing resentments, encouraging the good and forgetting omissions in the individual demands field. All of us, incarnate and discarnate, come to the Spiritist temple to receive the support of the Lord's Messengers; however, the Lord's Messengers also wait for our contribution in assisting others, and our cooperation with them will always be, above all, to work and serve, to help and understand.

Afterwards

After listening to the enlightening talk, cultivate it with absent companions.

Teaching heard, rich learning.

*

After receiving the edifying news, pass it on without delay to those brothers who need encouragement.

Encouragement raised, efficiency in service.

*

After reading the doctrinal publication, pass it on, enlightening other consciences.

Written word, recorded idea.

*

Once you've understood the phrases in the edifying book, print it on your own verb.

Study assimilated, ennobled conversation.

*

After recognizing your mistake, keep the experience and share it at the appropriate time.

One person's downfall is a lesson for many.

*

After observing the event worthy of attention, highlight the warning that remained.

A beneficial event is a lesson for life.

*

After replacing a used object with a new one, give it to someone in greater need.

Old objects at the front, help at the back.

*

After a day, a task, a crisis, an illness, a trip, or a meeting, something changes in our spirit for the better, and we must offer others the best we can without leaving any help for later.

37

G ~ Chapter XIX ~ Item 10

SB ~ Question 798

Topics studied:

~Mediumistic apprenticeship

~Assisting mediums

~Duties on the Spiritist tribune

~Discipline

~Spiritist words

~Work and discernment

Novice Mediums

In spiritual exchange, we find a large group of companions lacking special attention ~ the novice mediums.

Often fascinated by excessive enthusiasm, when faced with the impact of spiritual revelations received in a flash, they ask for the understanding and support of their experienced instructors so they don't get lost through glittering deceptions.

Let's encourage them to recognize that we are all before

generous and wise Spirits, as cooperators before service authorities, who expect us to aid efficiently and spontaneously.

It does not fall to us to move forward without the proper preparation, even supervised by respectable and efficient mentors.

Just as it happens to us, every medium must study to discern and work to deserve it.

Just because mediums can transmit observations and messages, it does not exempt them from the responsibility of presenting, conducting, and applying the subjects they bring.

They must realize that death does not fundamentally alter the human personality.

The access to the discarnate beings' sphere, still attached to the physical plane, is similar to entering a public square on Earth, where Intelligences of all kinds swarm.

Once admitted to constructions of a higher order, the medium is invited to discernment and discipline so that his faculties can be clarified and improved, being a duty to distance himself from the "all-wanting" and "all-doing" to which we are all driven when immature in life, by those inclined to rebellion and disturbance.

Let us help beginner mediums to realize that in mediumship, as in any other earthly activity, there is no truthful knowledge where time has not consecrated learning and that all tasks are noble where the light of charity presides over the accomplishments.

To this end, let's lead them to enlighten themselves in the healthy and liberating principles of the Spiritist Doctrine.

Mediums for phenomena come from everywhere and all positions. Mediums for the edification of improvement and happiness among creatures are only the authentic servants of Humanity.

Some Attitudes that Spiritist Speakers Should Avoid

As a Spiritist speaker places himself before an audience, he must refrain from:

-Speaking without first seeking inspiration from the Good Spirits through prayer.

-Disregarding the needs of those around them, using pejorative concepts, and expressing bitterness and personal complaints in doctrinal presentations.

-Criticizing others' beliefs, even though they must cultivate rational faith without endorsing rites and prejudices.

-Forgetting the necessities and problems of the audience they are addressing.

-Lightly criticizing people's faults and ignoring the need to refer to them, when necessary, to correct them with kindness and understanding,

-Placing themselves on a higher plane as if addressing people from above.

-Using theatrics or sensationalism.
-Divulgating consolation based on lies or insults in the name of the truth.

-Disregarding that the unbelievers or outsiders in the audience are brothers and sisters as much in need of understanding as ourselves.

-Running away from simplicity.

-Employing brilliant and useless phrases above sincerity and logic.

-Neglecting to study to renew themselves for better helping those who listen.

-Teaching by wanting applause and advantages for themselves, forgetting the enlightenment and charity they owe to their companions.

"Go and preach the Kingdom of God," Christ told us.

Spiritism, which revives the Gospel of the Lord, teaches us how to preach so that the word does not become empty and faith is not in vain.

38

G ~ Chap. XIV ~ Item 9

SB ~ Question 208

Topics studied:

~Parents' duties

~Domestic staff

~Homeschooling

~Family and obligation

~Earthly parents

~Readjustment

Spiritist in a Non~Spiritist Family

Among the issues related to close~knit families, we must consider one of the most important for us: the situation of Spiritist individuals connected to relatives unable to accept Spiritism.

Often, friends who have been through this struggle seek guidance from the Spirit World. They long for an environment that aligns with their beliefs and search for affection to support their efforts.

As the Spirit World respects their free will and helps

solve problems without interfering with their initiative, many become doubtful, with hearts torn between the desire to escape and the fulfillment of their duty.

Spiritists, however, committed to non-Spiritist relatives, remain awake to the realities of reincarnation.

They know that no one assumes obligations outside their heart and no one is reborn for no reason in this or that family group.

Whether in response to affinity demands, choice, atonement, or a specific task, the Spirit reincarnates or works with those it has the task of evolving, improving, paying itself off, discharging certain burdens, or attending to programs of a higher order.

For this reason, they don't have the right to leave the home workshop simply because they don't find people capable of sharing their dreams of elevation.

It is precisely at home, in the forge of disturbing sentimental conflicts that they will build themselves up for the ascent to which they aspire.

Difficult spouses, incomprehensible parents, problem siblings or children make up the teaching staff we need at family schools.

With them and through them, we evaluate our shortcomings to correct them.

Of course, by explaining things in this way, we do not induce any companion to share criminality in the name

of obligation. We only wish to point out that there is no sense in abandoning or interrupting edifying adjustments without our conscience being at peace with the duty done.

Whenever we recognize we are not part of the worldly family, before the spiritist principles our loved ones refuse, we are in the position of a debtor among various creditors, with the valuable possibility of repaying our debts.

We may also describe ourselves in the situation of a student on an intensive course of individual development, with the blessed opportunity to acquire certificates of competence in various lessons.

Dangerous Points for Parents

There are difficult situations parents must be attentive. Most of them when they:

-Disregard the importance of example in homeschooling.

-Ignore that children come to reincarnation through them without being theirs.

-Turn children into family knick-knacks, shying away from helping form their character from an early age.

-Inconsiderately help their children or overload them with obligations incompatible with their health or disposition.

-Neglect the necessary assistance under the pretext of being able to pay worthy employees, though unable to replace them in their responsibilities.

-Ignore that their children are different spirits, bearers of a moral inheritance within themselves, as happy or

unhappy remnants of previous existences.

-Wish their children to be their satellites, forgetting that they are on their path, with personal thoughts and attitudes.

-Take no interest in the studies that concern them.

-Relegate their minds to superstitions and fantasies, without giving them honest explanations about the world and life.

-Not ask them to work and cooperate as much as they can.

39

G ~ Chap. XXIV ~ Item 15

SB ~ Question 801

Topics studied:

~Spiritist edification

~Spiritual emancipation

~Firm attitudes

~The need for action

~Mission of the Spiritist temple

~Affective values

Spiritists, Let Us Meditate

A Spiritist temple is, in essence, an education center where the laws of Being, Destiny, Evolution, and the Universe are studied, shedding light and providing guidance, but, for this reason, it must not become an institute of merely academic concerns.

It will maintain the symposium of experienced scholars whenever necessary, but it will not place it above the work of general evangelization.

It will nurture the tribune in which exquisite words will

honor its principles before cultured and attentive assemblies; however, it will not forget the fraternal, heart-to-heart understanding in which the wisest companions are willing to answer patiently the questions and calm the concerns of the less knowledgeable.

It will provide precious information to the Truth researchers in the sphere of higher knowledge it conveys; however, it will work with greater devotion on behalf of the fallen in trial and need, who knock on its door, overwhelmed with suffering.

It will pay tribute to the world science that suppresses illnesses and value the benefits of prayer and healing magnetism in aiding the sick.

It will disseminate the philosophical concept and the consoling phrase.

It will promote teaching by multiplying bread.

A Spiritist temple, reviving Christianity, is a house of human solidarity, where the steadiest brothers support the weakest and the happiest assist those who groan under misfortune.

In this sense, we can recall the appeals addressed by the Spiritual World to Spiritists through the Kardecist Codification in item 4 of chapter XX of **"The Gospel According to Spiritism"** which point us in the right course:

"Go, then, and take the divine word to the great who will despise it; to the learned who will demand proof; to the small and simple who will accept it, because especially among the martyrs of labor, in the earthly trial, you will find ardor and faith. Go! They will receive the holy consolation that you will bring them with hymns of gratitude and praise to God, and they will bow their heads, thanking for the afflictions that the Earth has brought them."

Spiritists, let us reflect!

Let us study by feeling, understanding, building, and helping always.

Let us assist others while supporting all those who seek to help.

Jesus called together the group of apostles who provided Him with cover for His redemptive work, not to incense Himself or to lock them up in an ivory tower.

He did it to raise them to the status of faithful friends, capable of blessing, comforting, instructing and serving the people who, in all the latitudes of the Planet, constitute the loving family of His heart.

Mimetism and Definition

Love in action, love in understanding, love in gentleness, love in the name of Christ who sacrificed Himself for love. We must not forget, however, that Christ never found Himself outside the open path we know as definition.

Cunning systematically hides in the "yes", cruelty armors itself in the "no" and laziness never leaves "maybe".

The Spiritist, the current heir of undistorted Christianity, cannot ignore the need for balance.

Understanding and tenderness, but a firm attitude, so the fog of ignorance does not invade our mental atmosphere, inducing our companions on the earthly journey into the valley of indecision.

We are involuntarily each other's compass.

Those who march ahead dictate rules for those at the back.

We all influence each other positively with the magnetism of our attitude.

Hence, we need to be on the outside what we are on the inside.

It is possible to use emotional values in any occasion.

Mercy and peace in all situations, especially those in

which it is necessary to disentangle someone from their disturbance with the patience and self-denial we can't do without to free the sick from their illness.

However, this does not exempt us from the worship of truth.

We look back with awe to the love that prevailed in the Christian collectivities of the Nascent Gospel.

The first followers of Jesus loved each other tenderly as true brothers; however, it was not only at the price of gentleness that they overcame sarcasm and persecution.

Their love for each other included courage, frankness, boldness, and fidelity as necessary ingredients to triumph over the time's vicissitudes as over themselves.

Let's be tolerant in constructive sense, respecting the victims of consecrated deceptions and unfortunate prejudices, giving each of them something useful that helps them to build goodness, with a view to future emancipation.

However, let's maintain a steady attitude by which we are identified as Spiritists, at the service of the renewed world, avoiding mimicry and accommodation.

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G ~ Chap. I ~ Item 5

SB ~ Question 780

Topics studied:

~Definition of condition and evidence

~Spiritism and dissemination

~Spiritism in the personal sphere

~Importance of Spiritism in existence

~The need for spiritual light

~Shadows of the earthly path

Timely Assistance

Be sensitive to your positively obsessed brother or sister and work hard to offer him or her the enlightenment that the Spiritist Doctrine brings you.

Blessed be the impulse that leads you to help such a sick soul; though, reflect on others in the last trenches of resistance to spiritual imbalance.

They walked protected by honesty and found themselves harmed by cruel blows disguised as intelligence; they

embraced edifying tasks and were beaten by insults, accused of faults they would never be capable of committing; they gave themselves, calmly, to commitments supposed to be untainted and ended up trampled on in their purest dreams; built the home, as a path to elevation, and recognized themselves, within it, as hopeless prisoners; raised children, investing in the household all their wealth of ideals and tenderness, in the expectation of finding blessed companions for old age, and found themselves relegated to extreme abandonment; they left youth, full of renewing aspirations and faced illnesses that tormented their lives...

Remember those who are almost mad with suffering, and work so that the Spiritist Doctrine may provide them with timely help.

To do this, let us study Allan Kardec in the light of Jesus Christ message, and, whether in example or attitude, in action or word, let us remember that Spiritism asks us for a permanent kind of charity – the charity of its dissemination.

SPIRITISM IN YOUR LIFE

Reflect on the importance of Spiritism in your incarnation. Let us compare it with the different circumstances in which you spend your existence.

Body – A living device that you receive with the tributes of physiological heredity, as a mandatory requirement, to transit on the Planet for a variable period; a machine that works just like the vibratory state of your mind.

Family – A consanguineous group to which you are forcibly linked by remnants of the past or impositions of affinity with a view to personal refinement.

Profession - A structured set of tasks that require time and effort to fulfill daily work responsibilities, involving necessary learning, whether to review past experiences or to acquire essential skills for the future.

Tests – Delayed lessons we accumulate on the way through thoughtless or conscious mistakes in past reincarnations, which we must remember and relearn.

Illnesses – Problems that we carry with us, created by vices from other times or abuses of today, that

the Law imposes on us in favor of our balance.

Disappointments – Necessary cuts in our fantasies caused by our excesses, from which no one can escape.

Inhibitions – Embarrassments come from yesterday's behavior, which we must endure today in a re-educative effort.

Condition – Deserved social environment that facilitates or hinders our achievements, according to the debts and credits acquired.

It's easy to conclude that all situations of human existence are duties to which we submit ourselves under the impositions of regeneration or progress.

Nevertheless, the Spiritist Doctrine is the first sign we are entering spiritual liberation before the Universe, enabling us, through understanding justice and serving Humanity, to grow and improve ourselves towards Higher Spheres.

Think about the value of Spiritism in your life.

It is your real opportunity to share immortality from today.